Cornbread

Cornbread isn't gluten, right? Should be safe, right? Except. Yes, except most bakers add wheat flour to cornbread to improve its consistency. It is also included in many cornbread mixes. Be aware of this when ordering meals in restaurants, as well. The servers and cooks will have no idea if flour is added to the cornbread mix. Cornbread has many varieties. Extra sugar, or honey, makes a breakfast cornbread, sometimes fried. Less sugar is in baked cornbread for chili or potato soup. A quick easy snack, as well as a sore throat softener. It freezes well in individual servings for chilly, wintery days.

Pre Cook Preparation:

A. Timer set to the time to begin preparation prior to cooking
B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Electric mixer, or lightly mix and pour into the pan, allowing the baking process to complete mixing
Large handled measuring cups and spoons
Large handled mixing spoons

Visual Accommodations:

Easily identifiable labeled ingredients
Long oven mitts
Use brightly colored measuring cups, spoons, and bowls.

Potential Food Allergy or Intolerance:

Butter (lactose)
Eggs
Flour (gluten)
Milk (lactose)
Sugar (diabetics)

Meatless Preparation Avoid:

Butter
Eggs
Milk
Substitute with: _____

Utensils:

Measuring cups
2 Mixing bowls
Microwave safe cup
Spoon
Toothpick (round)
Pan: 2.5 quart glass baking pan. ***
*** Dark glass bakes quicker, so reduce time.

*** Aluminum foil pans also bake differently and may react to acids in certain foods, such as berries.
Some recipe sites go into further detail, if needed.

Ingredients:

Meat: None

Vegetables: None

Other ingredients:
1/3 cup of butter
2 cups gluten free cornmeal
1 tablespoon cornstarch (not necessary if animal based milk used)
1 egg
1.5 cups of milk (lactose free)
Almond, or
Soy
1 teaspoon of salt
4 tablespoons of white sugar

Preparation time: 20 minutes

Preparation:
1. Melt butter in microwave for 20 to 30 seconds.
2. In a medium sized mixing bowl combine:
1/3 cup of butter
2 cups gluten free cornmeal
1 tablespoon cornstarch (not necessary if animal based milk used)
1 egg
1.5 cups of milk (lactose free)
Almond, or
Soy
1 teaspoon of salt
3. Grease the bottom of the baking pan lightly with butter.
4. Spoon onto greased pan.
5. Place greased pan in oven at 350 degrees.

Cook Temperature: 350 degrees (Varies based on pan choice and elevation for those in the mountains.)
Your temperature here: _____

Cook Time: 20 to 30 minutes, based on pan choice and elevation.
Your bake time here: _____

Servings: About 10

Storage Solutions: Square containers

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per What's Cooking America Storage Chart link in Resources
Freezer safe: 4 to 6 months * Per What's Cooking America Storage Chart link in Resources

Reheat Instructions: (Good for quick thawing)

Microwave: Time and temp may vary.

1. **Place in a microwave safe dish (not plastic).**
2. **Heat until food is warm.**
3. **Minimum 30 seconds.**
   Add your microwave time here: _____.